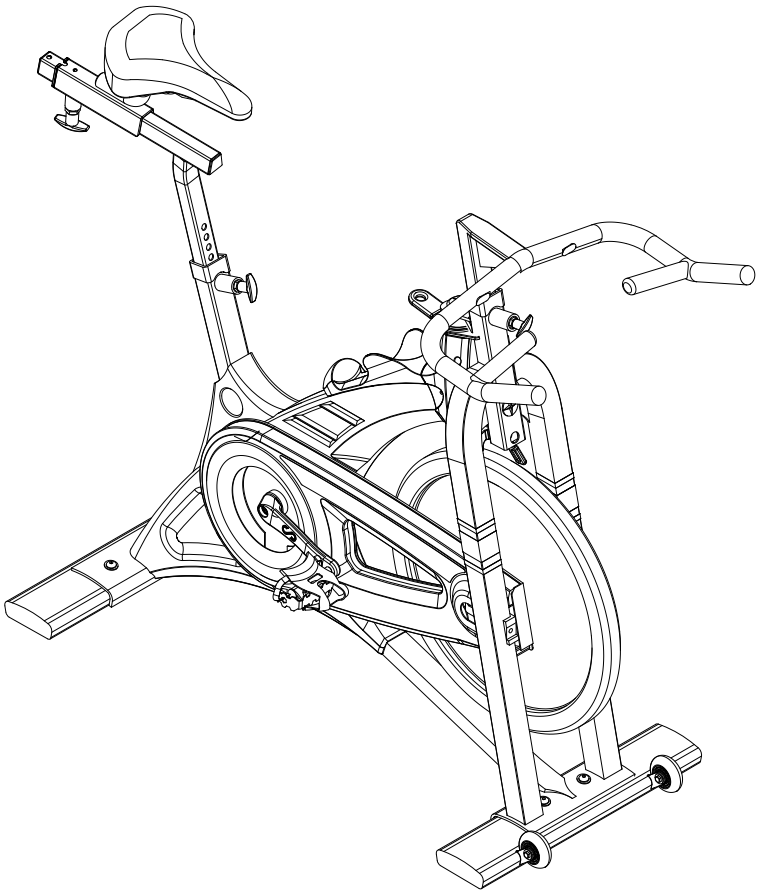
SCHWINN FITNESS

Schwinn® IC Bikes

Evolution®, Evolution® SR

Assembly Manual



Nautilus® Bowflex® Schwinn® Fitness Pearl Izumi® StairMaster® Universal® Nautilus Institute®

a brand of NAUTILUS Inc

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Product Specifications

Dimensions	50” L x 22.5” W x 40” H (127cm x 57cm x 102cm)
Assembled Unit Weight	121 lbs (55 kg)
Packaged Shipping weight	130 lbs (59 kg)
Workout Area	89” L x 61.5” W (227cm x 156cm)
Maximum User Weight	300 lbs (136 kg)

Safety Warnings

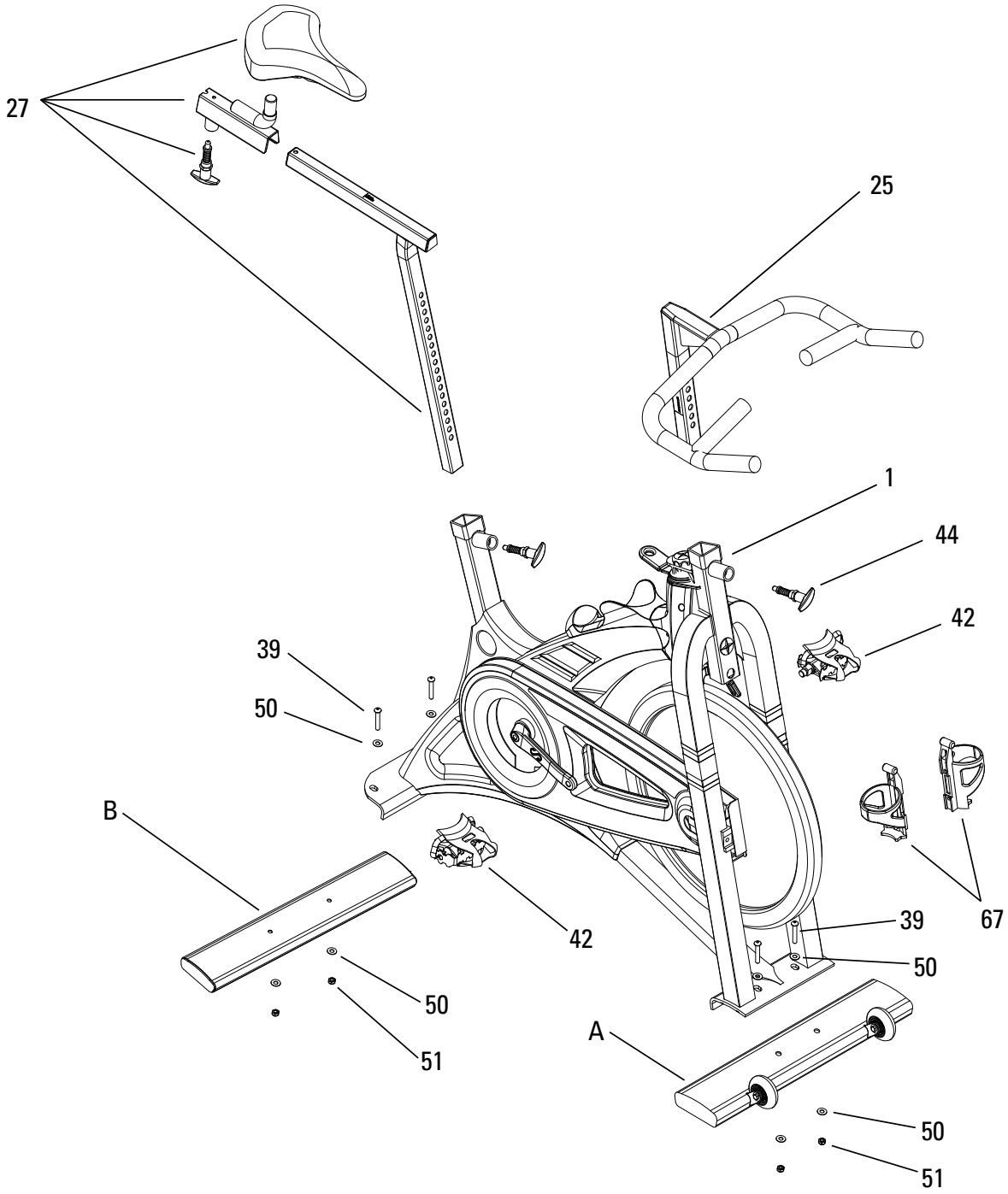
This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Before using this equipment, obey the following warnings:

Read and understand the complete Owner's Manual.
Read and understand all Warnings on this machine.

- Keep children away from this machine. Watch them closely when near the machine. Moving parts that appear dangerous to adults may not appear so to children.
- Consult a physician before starting an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before using the machine again.
- The flywheel momentum of the Schwinn® IC Bike will keep the pedals turning even after the rider stops pedaling or the rider's feet slip off. DO NOT ATTEMPT TO DISMOUNT THE BIKE OR REMOVE YOUR FEET FROM THE PEDALS UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE COMPLETELY STOPPED. Failure to follow these instructions may lead to loss of control and serious personal injury.
- Examine this machine for loose parts or signs of wear. Contact Nautilus Customer Service for repair information. Use only genuine Schwinn® IC replacement parts supplied by Nautilus.
- Do not wear loose clothing or jewelry. This machine contains moving parts.
- Do not place fingers or any other objects into moving parts of the exercise equipment.
- Maximum user weight limit: 300 lb. (136 kg). Do not use if you are over this weight.
- Stabilize the pedals before stepping on them and use caution when stepping off the machine.
- Keep at least 19.7 inches (0.5 m) on each side of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine.
- Warn bystanders to keep a safe distance, at least 3 feet (1 m). Do not allow anyone to touch the operator while the machine is in motion.
- Keep the foot pedals clean and dry.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.

Exploded Drawing



Parts List

Ref. #	Description	Qty.
1	Frame	1
25	Handle Bar	1
27	Seat Slider Assembly with Saddle	1
A	Front Stabilizer Bar with Wheels and Feet	1
B	Rear Stabilizer Bar with Feet	1
67	Water Bottle Cage	2
	Small Parts Box	1

Small Part Box Contents

42	Pedals with Toe Clips & Straps (Left & Right)	1 Pair
44	Pop Pin Assembly for Head Tube	1
39	13mm Hex Bolt	4
50	Flat Washer	8
51	13mm Lock Nut	4

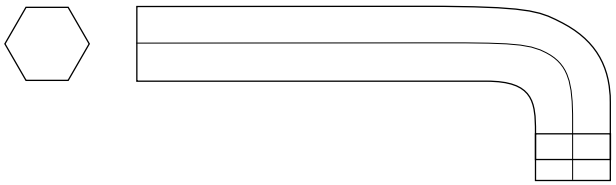
Tools Supplied

	Stamped Steel 13/14/15/17mm Combination Wrench	1
	5mm Hex Wrench	1
	3mm Hex Wrench	1

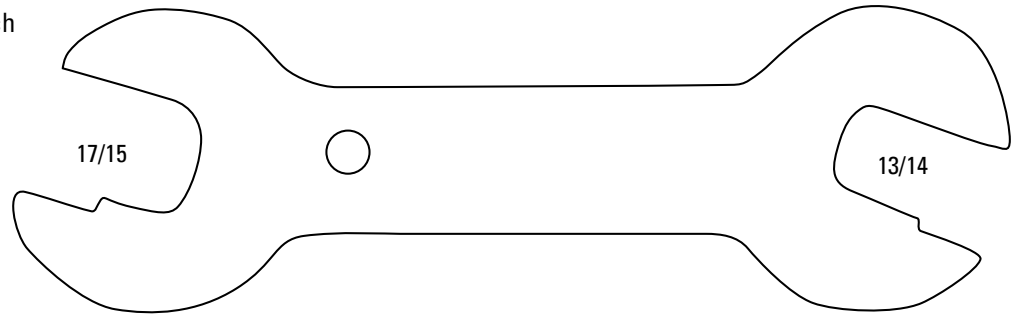
Prior to assembly of the product, remove all components from the packaging and check them against the packaged components list supplied above. Once you are certain that all the necessary parts have been supplied, begin with the first assembly step.

Tools Needed

5mm Hex Wrench
3mm Hex Wrench



Stamped Steel Combination Wrench



Adjustable wrench (not included)

Step 1

Ref. #	Description	Qty
1	Frame	1
A	Front Stabilizer Bar with Wheels and Feet	1
B	Rear Stabilizer Bar with Feet	1
39	13mm Hex Bolt	4
50	Flat Washer	8
51	13mm Lock Nut	4

Tools Required

	Stamped Steel Combination Wrench	1
	Adjustable wrench or 13mm Socket	1
	5mm Hex Tool	1

A. Position the Front Stabilizer Bar (A) under the frame bracket as shown in the illustration.

B. Make sure the adjustable feet are on the bottom and the transport wheels are facing up and toward the front of the bike.
CAUTION: IT IS VERY IMPORTANT TO APPLY GREASE TO THE 13mm HEX BOLT (39) PRIOR TO MOUNTING THE 13mm LOCKNUT (51). THIS WILL ENSURE THAT YOU CAN REMOVE THE NUT AT A LATER DATE.

C. Attach Front Stabilizer Bar (A) to Frame (1) using two hex bolts (39), four washers (50), and two lock nuts (51). Tighten hardware firmly but do not over tighten as deformation of the stabilizer tube may occur.

D. At this time make sure that the adjustable feet with lock nuts are screwed fully into the stabilizer.

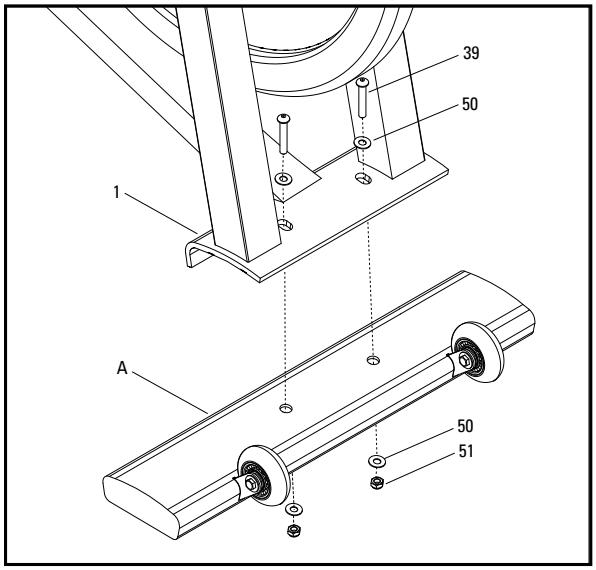
E. Position the Rear Stabilizer Bar (B) on the frame bracket as shown in the illustration.

F. Make sure the adjustable feet are on the bottom.

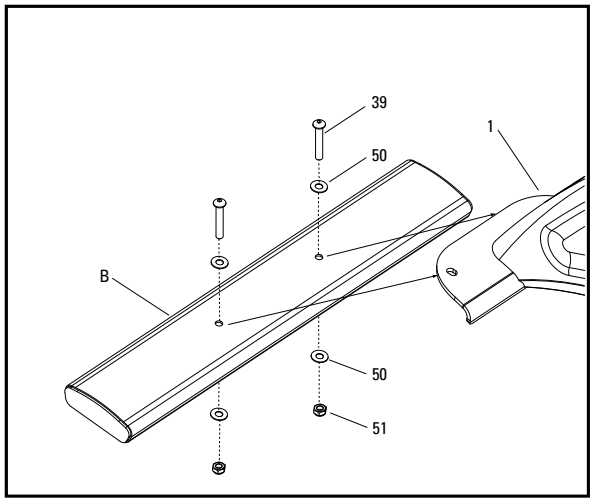
G. Attach Rear Stabilizer Bar (B) to Frame (1) using two hex bolts (39), four washers (50), and two lock nuts (51). Tighten hardware firmly but do not over tighten as deformation of the stabilizer tube may occur.

H. At this time make sure that the adjustable feet with lock nuts are screwed fully into the stabilizer.

Front



Rear



Step 2

Ref. #	Description	Qty
1	Frame	1
44	Pop Pin Assembly for Head Tube	1
25	Handle Bar	1
44, 27, 45	Seat Slider Assembly (Pre-Assembled)	1
26	Seat Post	
67	Water Bottle Cage	2

Tools Required

	Adjustable wrench	1

A. Remove the Pop Pin Assembly (44) from the small parts bag and add some grease to the threads of the large 21mm nut that will screw into the head tube boss on the bike.

B. Thread the Pop Pin Assembly into the head tube boss using a large adjustable wrench, tighten firmly.

C. Using your hand grab the T-handle of the Pop Pin, turn it counterclockwise to make sure it is free of the securing threads and can be pulled freely.

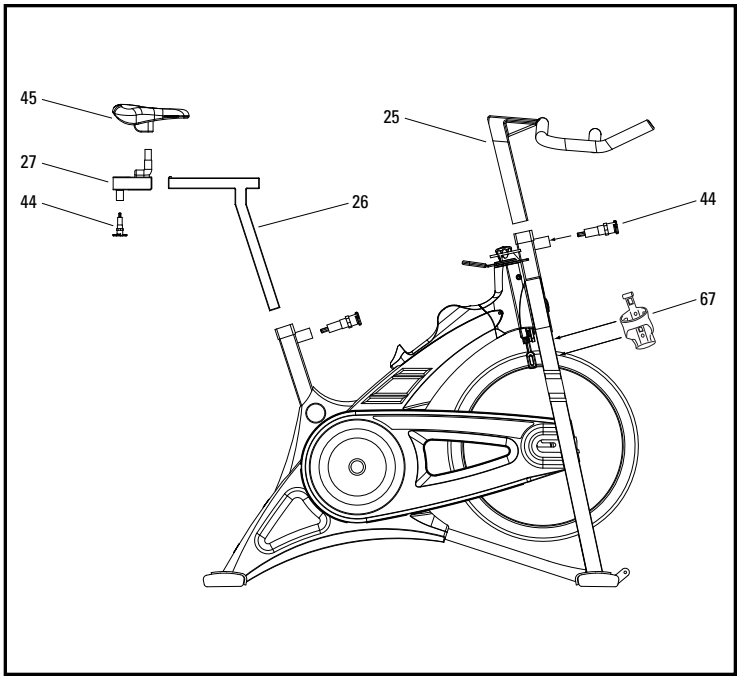
D. Insert the Handle Bar (25) into the head tube of the bike while pulling the Pop Pin back. Insert the Handle Bar to the desired height and release the Pop Pin. Make sure the Pop Pin settles into one of the securing holes in the Handle Bar tube. Turn the Pop Pin clockwise threading it into the Pop Pin Assembly and hand tighten. This will secure the Handlebar at the desired height.

E. Using your hand, grab the T-handle of the Pop Pin attached to the seat tube, turn it counterclockwise to make sure it is free of the securing threads and can be pulled freely.

F. Insert the Seat Post (26) into the seat tube while pulling the Pop Pin back. Insert the Seat Post to the desired height and release the Pop Pin. Make sure the Pop Pin settles into one of the securing holes in the Seat Post tube. Turn the Pop Pin clockwise threading it into the Pop Pin Assembly and hand tighten. This will secure the Seat Post at the desired height.

G. The Seat Slider Assembly (44,27,45) has been pre-assembled at the factory. Insert the front (saddle nose side) of the Seat Slider Assembly into the back of the seat post slider tube (horizontal tube at the top). There is a small spring pin at the rear of the slider tube on the Seat Post that must be depressed to allow the Seat Slider Assembly to fully attach to the Seat Post. This can be can be accomplished by laying the Seat Slider Assembly on the spring pin, pushing down on the entire Seat Slider Assembly so that the spring pin is depressed. While pulling down on the Pop Pin, push the Seat Slider Assembly onto the seat post slider tube. When the Seat Slider has moved far enough forward, the spring pin will pop out of the back. This secures the Seat Slider to the seat post tube and prevents it from inadvertently separating from the seat post slider tube.

H. Using a 3mm Hex Wrench, remove the screws pre-assembled to the fork legs of the bike. Position the bottle cage (67) on the side of the bike and tighten the screws securely to the fork leg.



Step 3

Ref. #	Description	Qty
1	Frame	1
43	Pedals with Toe Clips & Straps (Left & Right)	1 Pair

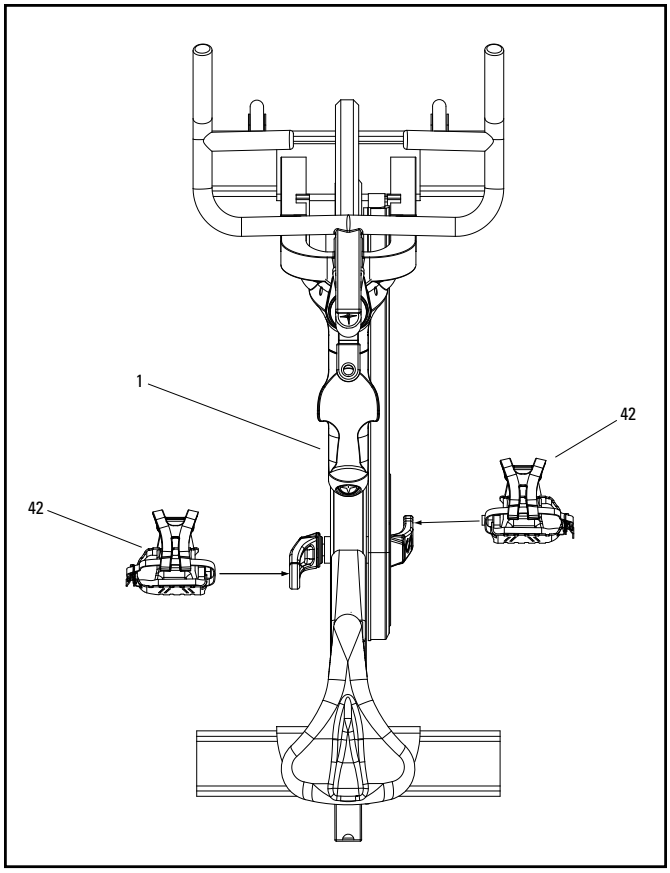
Tools Required

	Stamped Steel Combination Wrench	1

A. Remove Pedals (42) from the small parts box and look at the ends of the pedal threads. You will notice that each pedal is market with an “R” or an “L” on the very end of the spindle past the threads. This mark indicates which side of the bike the pedal is intended to mount. This is important since the thread directions are different for each pedal.

B. Locate the Pedal that has the “R” on the spindle. This pedal is for the right side crank arm of the bike (chain guard side) and is right hand threaded (turn clockwise to tighten). It is a good idea to apply grease to the threads before attaching them to the crank, this will assure that they can be removed in the future. Using the supplied Combination Wrench thread the right Pedal on to the crank arm, tighten firmly.

C. Locate the Pedal that has the “L” on the spindle. Follow the directions in step B. however, you will need to turn the spindle left (counterclockwise) to tighten as the “L” spindle is reverse threaded.



Step 4 - Final Inspection

A. Tighten all hardware.

B. Read warnings on machine.

Please read and refer to the Owner's Manual for:

- Operating Instructions
- Maintenance Instructions
- Warranty Information.

Failure to visually check and test assembly before use can cause damage to the equipment. It can also cause serious injury to users and bystanders.

To assure optimal performance and longevity, perform the following steps prior to placing your Schwinn® Evolution® bike into service.

A. Move bike into its final location. Confirm that all four feet are firmly in contact with the floor and that the bike is stable. If any of the feet are not making full contact, it is recommended that you adjust them by turning the entire foot assembly counterclockwise which will extend it further from the stabilizer bar. Once the foot is in full contact and the bike is stable, thread the jam nut clockwise until it comes into contact with the stabilizer at the point the foot assembly threads in. Tighten the jam nut snug using an adjustable wrench. This will secure the foot at the desired height.

B. With the resistance adjustment knob turned fully in the counterclockwise position (no brake contact with flywheel), it is recommended that you soak the brake pads with Schwinn® Fit-Tech Lube. This will extend the life of the brake pads and assure a smooth resistance interface with the flywheel.

C. Once the pads are lubricated, it is recommended that you tighten the resistance adjustment knob clockwise to tighten the brake pads against the flywheel surface. Do this until the brake pads are firmly clamped against the flywheel. This will set the brake parts and give the springs some initial compression. This process will also assure that the Fit-Tech Lube penetrates the entire brake pad surface.

D. Confirm that the Saddle is positioned in the desired location on the saddle mounting bracket. If the angle of the saddle or the fore/aft position of the saddle needs to be adjusted, use the Combination Wrench to loosen the 14mm nuts on either side of the saddle mounting bracket. This will allow you to adjust the tilt angle and fore/aft position of the saddle. Once in the correct position, tighten both 14mm nuts on the saddle mounting bracket with the Combination Wrench.

That's it! Initial set up is complete and you can now enjoy all these features and quality of your new Schwinn® IC Bike!

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